

Mashpee Senior Center Activities

Below is a complete list of activities currently offered at the Mashpee Senior Center. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). Activities may be changed or cancelled, so please stop by the front desk or call the Senior Center to check for latest schedules (508) 539-1440. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155.

MONDAYS		TUESDAYS	
8:30-9:30 9:00-11:00 9:45-11:00 10:00-11:30 10:30-12:00 10:00-11:30 11:00-12:00 12:30-4:00 1:00-3:00 1:00-4:00 1:00-4:00	Strength Training Hearing Tests (1st) * Gentle Yoga Knit/Crochet/Quilt TOPS Atty Kosman (4th) * Chair Yoga Mah Jongg Pinochle Hand and Foot Canasta Rummikub	8:30-9:30 9:00-12:00 9:00-11:00 10:00-11:30 11:00-12:00 11:00-1:00 11:00-2:00 12:00-4:00 1:00-2:00 1:00-3:00 2:30-3:30	Exercise Woodcarving Atty Mello (2nd) * Men's Club (1st) Zumba Gold Ask-a-Pharmacist (1st) Sea Mist Swimming ** SHINE * Drum Circle Atty Lavender (1st) * Aerobics for the Brain (2nd & 4th)
WEDNESDAYS		THURSDAYS	
8:30-9:30 9:00-10:00 9:00-3:00 10:00-Noon & 1:00-3:00 11:00-12:00 1:00-2:00 1:00-3:00 1:00-3:00 2:30-4:30 2:00-3:30 2:30-4:30	Strength Training Blood Pressure Clinic (3rd) Foot Care Clinic (3rd) * Painting Zumba Gold Line Dancing Meditation (1st) Canasta SHINE (2nd & 4th) * CARES Support Group (2nd&4th) Tai Chi for Healthy Aging ***	8:30-9:30 9:30-11:00 9:30-11:30 10:00-11:30 10:00-11:30 10:30-11:30 11:00-2:00 12:00-2:00 12:15-1:15 1:00-4:00 7:00-9:30	Exercise Sketching Group Singing Seniors Cribbage Parkinson Support Group (2nd) Coffee Talks (1st and 4th) Sea Mist Swimming ** Gadgets & PC Clinic Ballroom Dancing Social Bridge Tai Chi (Beginners please come 1st Thurs)
FRIDAYS		SATURDAYS	
8:30-9:30 9:30 9:00-10:00 9:45-10:45 10:00-12:00 10:00-12:00 11:00-12:00 12:30-4:00 1:15- 3:30 2:00-3:00	Strength Training Bowling (Ryan Amuse.) Ask-A-Nurse (4th) Ageless Yoga Sight Loss Services Support Group (4th) Independence House Relationship Education and Advocacy (2nd) Zumba Gold Mah Jongg Veterans Services (1st&3rd) * Book Club (3rd)	8:30-9:30	Exercise NOTES: * Appointment required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to schedule. ** Open to Mashpee residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming. *** Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.